



NAGOYA CITY MARATHON 2024

2024.3.10 SUN

名古屋シティマラソン 2024



RACE GUIDE FOR PARTICIPANTS (Race Regulations)

SCHEDULE 2
NUMBER PICKUP 4
START 7

COURSE 10
FINISH 13
OTHER 15

<https://city-marathon.nagoya/>



SCHEDULE

Number pickup
(Vantelin Dome Nagoya)

Number pickup
will be located at
Vantelin Dome Nagoya!

March 8 (Fri) 12:00-20:30

March 9 (Sat) 10:00-19:30

* Registration available only within the mentioned hours.

* Registration can NOT be made on the race day without any exception.

★ **Necessary documents for Number pickup**

Athlete bib voucher (QR code)

Race day

March 10 (Sunday)

START from Vantelin Dome Nagoya

07:45 Baggage Drop off begins (by 09:00)

*Set the recommended aligned time for each block.

09:40 Start of line up in the start block

10:00 Opening Ceremony

10:05 Complete line up

10:20 Start of Half Marathon and 10km Marathon

11:40 Awards ceremony – 10km Marathon
(at Paloma Mizuho Sports Park)

12:00 End of 10km Marathon

12:10 Awards ceremony – Half Marathon
(at Shirakawa Park)

13:20 End of Half Marathon

Marathon EXPO (Vantelin Dome Nagoya)

March 8 (Fri) 12:00-21:00

March 9 (Sat) 10:00-20:00

March 10 (Sun) 9:00-17:30

Marathon EXPO is an event organized to support runners of "Nagoya Women's Marathon" and "Nagoya City Marathon", and to enliven the race. On the day before the race, as the base of participants, we provide stages and exhibition booths for visitors' enjoyment.

※ Admission free

※ The last admission is 20 minutes before closing on each day.



* photos in 2023

March 8th, 9th Number Pickup At Vantelin Dome NAGOYA (3rd floor)

Escalator

Number Pickup

Test for Timing Chip

Marathon EXPO
(Admission free)

Mar 8 (Fri) 12:00-21:00
Mar 9 (Sat) 10:00-20:00
Mar 10 (Sun) 9:00-17:30

March 8th, 9th NUMBER PICKUP
Vantelin Dome Nagoya Entrance on the 2nd floor

Vantelin Dome Nagoya

March 8th, 9th Route
Mar 10th Route

Higashi Ozone

Ozone Sta.

Ozone Sta.

Subway Entrance

Subway Maijo Line

Yutorito Line

Yutorito Line Ozone Sta.

Yada 2-chome

Yada 5-chome

Daiko 1-chome

Nagoya Dome-mae Yada Sta.

Subway Entrance

Subway Maijo Line

Seto Road

Nagoya city YADA Elementary School

Mitsubishi Electric Nagoya Plant

Nagoya Minami 4-chome

Do not pass through

Higashi Sports Center

(pedestrian deck)

Nagoya Dome Nishi

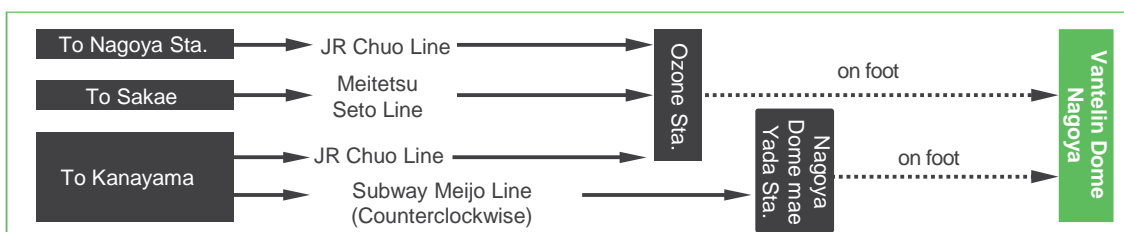
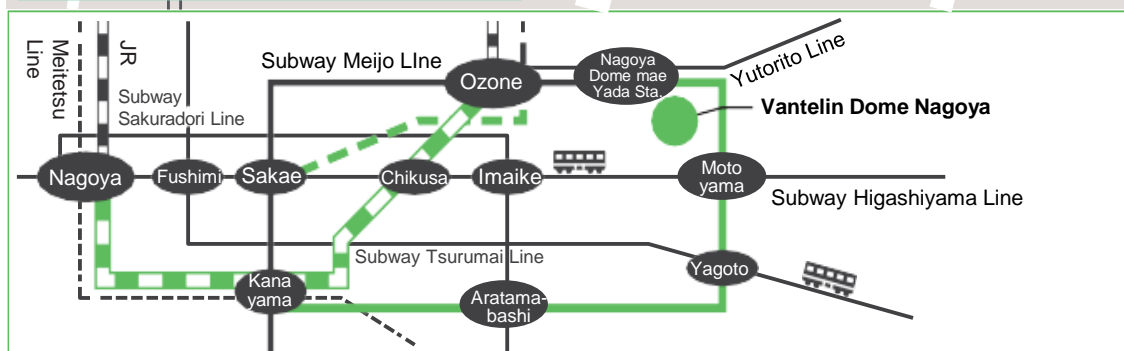
AEON Mail Nagoya Dome Mae

Nagoya Dome Mae

Nagoya Dome Minami

Rokushosha Mae

(pedestrian deck)



- Number pick up for the Nagoya City Marathon is at Vantelin Dome Nagoya.
- On the race day, heavy congestion is anticipated at "Nagoya Dome-mae Yada Station", and we ask for your cooperation in getting off at "Ozone" Station , JR Chuo-Line and Meitetsu Seto Line.
- On the race day, subway Meijo Line - clockwise is expected to be very crowded. We recommend that you take Meijo Line counter clockwise from Kanayama, JR Chuo-Line from Nagoya and Meitetsu Seto Line from Sakae instead.
- We will not be providing parking at this event. Please use public transportation.
- Pick-up/drop off by private cars, chartered buses, or taxis is prohibited.

ADVANCE PREPARATIONS: Issuing athlete bib voucher (QR code)

*Issuance starts from 17:00 on March 1 (Japan Time)

STEP 1

Open the page from the URL below / received by email or QR code
Enter email address and your date of birth and login.

https://www.sports-web.jp/reception_runner/



Smartphone

PC

STEP 2

Register the name, phone number, and relationship of your emergency contact person, and agree to the pledge and proceed.

Name of person who can be contacted in case of emergency – Phone number- Relationship to participant

Please read the Pledge carefully and click "Agree to the pledge and Next" agree"
*Actual page of the Pledge will be in English

STEP 3

Present the QR code (Athlete bib voucher) at the registration

• The screen where the QR code is displayed



• Print the screen with the QR Code as PDF



Click the "Download PDF Ticket" button at the bottom of the screen to view the PDF

Print



or

NUMBER PICKUP

1 Check your Athlete Bib Voucher (QR code)



2 Pick up your Athlete Bib



3 Receive Participant T-shirt



4 Test your Timing Chip

- * Please make sure you have the correct athlete bib when you receive it.
- * Submit your Athlete Bib Voucher (QR code) at the registration

Present your Athlete Bib to get your T-shirt

- * The size of the T-shirt requested at the time of application cannot be changed.
- * The T-shirt size is shown on the outside of the plastic bag containing the "Athlete bib set".

Date and time

March 8 (Fri)

12:00-20:30

March 9 (Sat)

10:00-19:30

- * Registration cannot be made on the race day.
 - * Registration will be conducted during the above hours without exceptions.
- Give yourself plenty of time and be prepared for delays in public transportation.

Place

Vantelin Dome Nagoya

1-1-1 Daiko-minami, Higashi-ku, Nagoya, Aichi

Number Pickup is on the 2nd, 3rd floor of the Dome. Enter the Dome from Gate No.1, on the 2nd floor which is connected to the pedestrian deck, and follow the instructions.

Access

- 5 min walk from "Nagoya Dome-mae Yada" Station on subway Meijo Line and Yutorito Line (Guideway bus).
- 15 min walk from "Ozone" Station on JR Chuo Line and Meitetsu Seto Line.

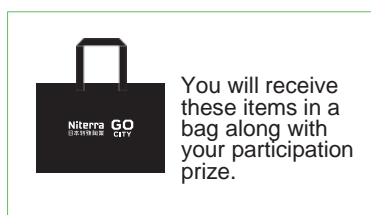
- * We will not be providing parking at this event. Please use public transportation.
- * We strongly encourage you NOT to park on the street as a courtesy to the neighbors.

Necessary documents for number pickup

Smartphone or other electronic device that confirms your Athlete bib voucher (QR code), or a printed copy.

- ☐ Athlete Bib Voucher (QR code)

Collect items upon number pickup



• Athlete bib



• Sticker for baggage drop bag



• Safety pins



• Official race program



• Bag for baggage drop



Please attach the deposit bag sticker

• Participant T-shirt



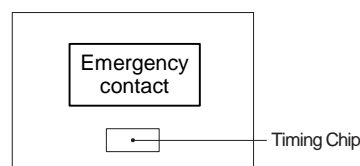
Design of the shirt is subject to change

Athlete bibs

• Number of Athlete bibs (1 for chest with 4 safety pins)



Front side



Reverse side

*Please make sure to fill out the emergency contact number on the reverse side of your Athlete bibs. The information is used only in case of emergency in order to contact your family, etc.

*A timing chip is attached to your Athlete bib. Please do not remove it and do not place it near the electronic devices like TV that emits electromagnetic waves.

*Athlete Bibs cannot be re-issued. Losing or forgetting it on the race day would result in disqualification of your entry.

IMPORTANT NOTES

- Only participants are allowed to enter the registration area.
- ***Please read and approve the pledge on the Athlete Bib Voucher before participating in the event.**
- *Please bring your Athlete Bib Voucher for registration. Loosing it, you might be asked to wait at Help Desk for further instructions.
- *It is strictly prohibited to transfer the Athlete Bib to someone else and/or make a fake bib, etc.
- When such action is found, you will be suspended and may not be able to participate in future races.
- *Entry fee is not refundable even you decide not to run on the race day.

WHAT TO BRING

- Athlete bib ※Attached to your chest
- Bag for baggage drop ※Place the sticker onto the baggage drop bag * Not required if you don't check baggage
- Items that you may need to complete the marathon

PROCEDURE TO START THE RACE

① Check your Athlete Bib (at Runner's check gate)



② 7:45-9:00 Baggage drop *Baggage Truck stationed at the parking outside of Dome, number corresponds to the sticker for baggage drop bag



③ Waiting Area ~ Outfield stand of Dome ~

Toilet Facilities available at
inside the Dome Until 9:40 / the parking outside of Dome from 9:40



* Please follow the instructions from the staff

④ 9:40-10:05 Line Up to Start Block from O to X blocks



* After lining up, move to the starting point under the instruction of competition officials.

⑤ 10:20 Start

Starting venue

Vantelin Dome Nagoya
(Start line is set near Nagoya Dome Mae intersection)

Schedule

7:15 Open the Runners Check Gate
7:45 Start baggage drop at Vantelin Dome Nagoya (by 9:00)
9:40 Start line up in the start block
10:00 Opening ceremony
10:05 Complete line up in the start block
10:20 Start

Toilet facilities

Inside the Dome (by 9:40)
*Please use the temporary toilets at the open parking of Dome after 9:40.

Changing room before the start

Changing rooms will NOT be provided prior to the start of the race.
Please come to the race wearing the running clothes.

Recommended time for baggage drop

In order to reduce congestion, the recommended time for baggage drop will be set for each block. We ask for your cooperation in arriving at the venue within the set time.

O•P•S•T Block=7:45 – 8:10

Q•U•W•X Block=8:10 – 8:35

R•V Block=8:35 – 9:00

BAGGAGE DROP

TIME 7:45 – 9:00

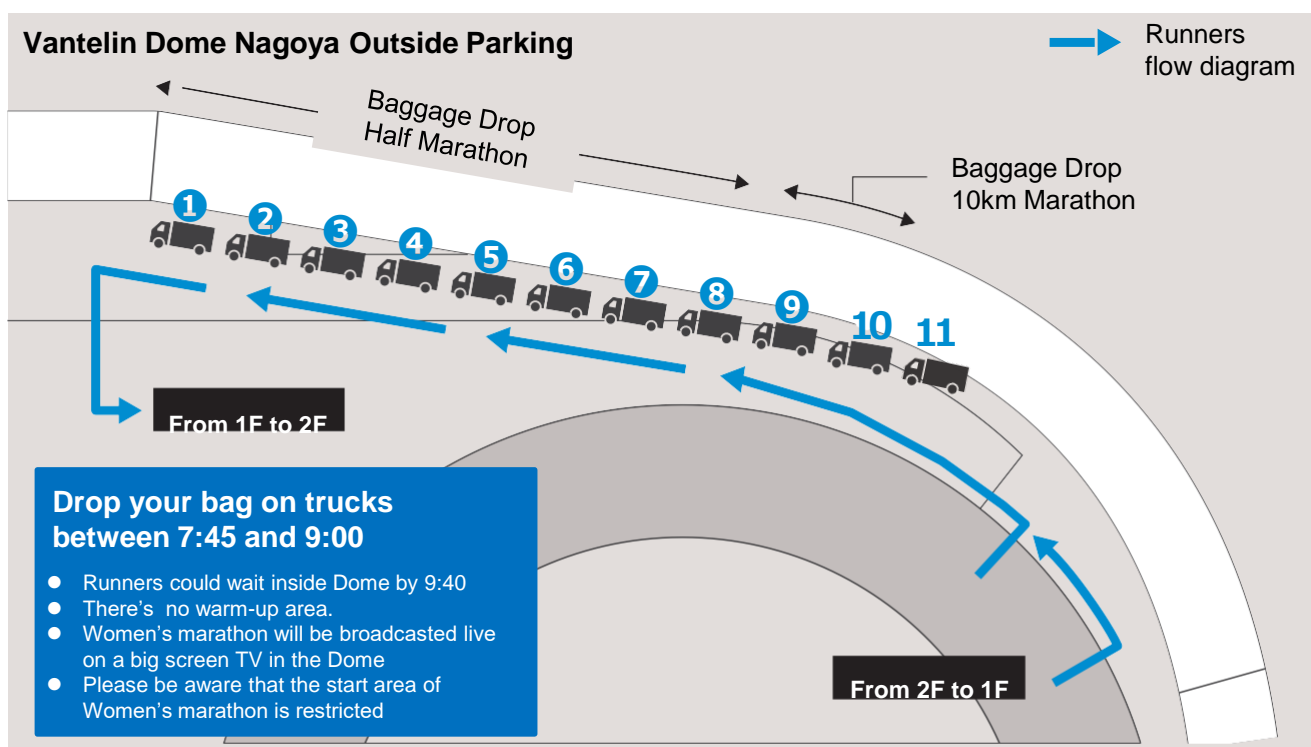
LOCATION Baggage Truck stationed at open parking of Dome

Recommended time for Baggage Drop

- O · P · S · T Block 7:45 – 8:10
- Q · U · W · X Block 8:10 – 8:35
- R · V Block 8:35 – 9:00

* Baggage drop will NOT be accepted after 9:00. Please give yourself much space of time.

- Make sure to place the sticker received at the time of registration onto the baggage drop bag.
- **Drop your bag in the truck number corresponds to your sticker for baggage drop bag.** Bag can be collected at the same baggage track after the race.
- Any oversized items such as long umbrellas and suitcases are not accepted (folding umbrellas may be accepted)
- One bag per person (**tie another bag to baggage drop bag is also prohibited**).
- **Valuables, fragile items, living matters, and dangerous items cannot be accepted.** Please keep your valuables by yourself. The organizers are not responsible for lost items or valuables.
- Bag shall be collected at the finish area. You need to present your Athlete bib when collecting your bag.
- Beware that the bag might get wet in case of rain as the baggage truck is stationed outside.



Please drop your bag in the truck number corresponds to the number on your Athlete bibs.

Baggage
⑩-a

(EXT)

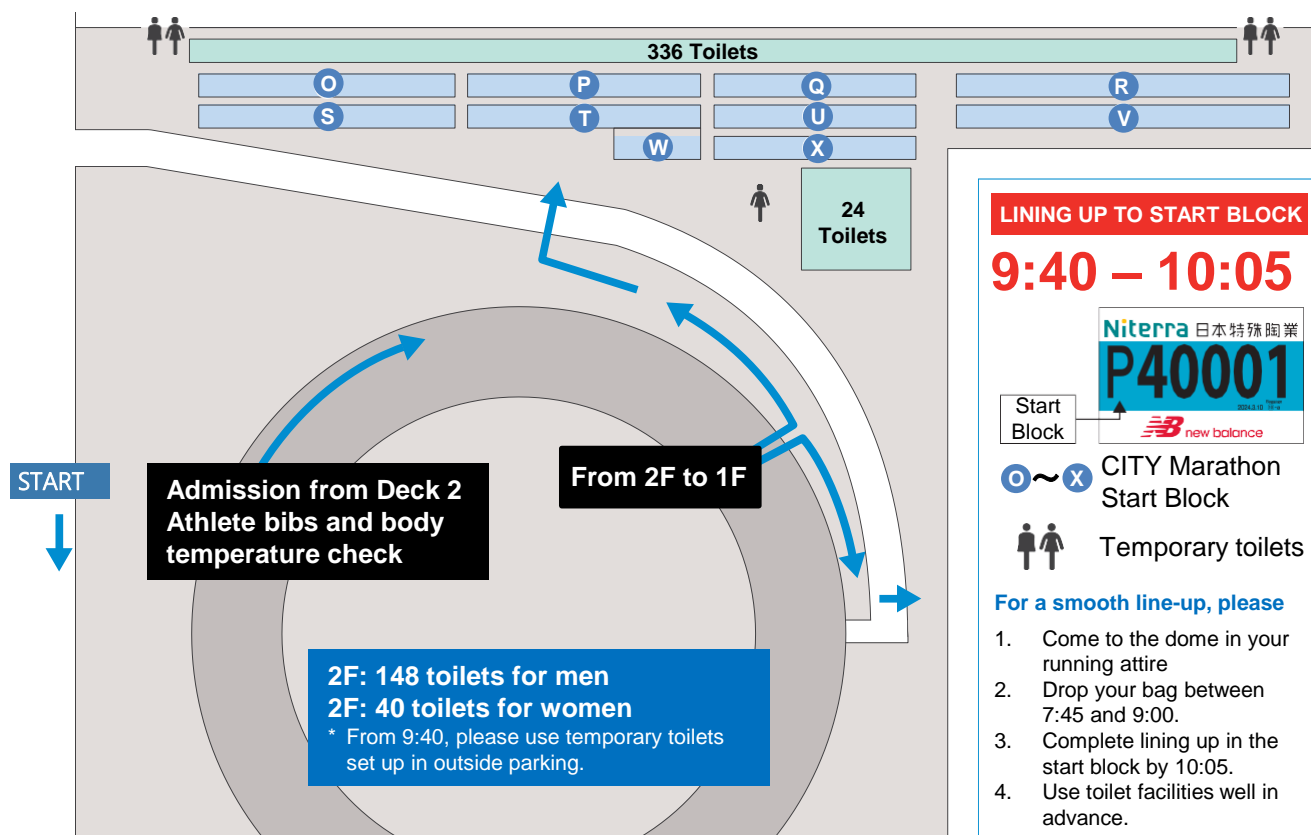


Baggage Drop Hours

7:45 – 9:00

In order to avoid congestion toward the end of deposit hours, please try to drop off your baggage early.

START BLOCK



Important notes!

- There are various restricted areas around the start area. Please observe instructions and directions given by race staff members.
- Only the registered runners are permitted to enter the start area and the surrounding streets.
- Pick-up/drop off by private cars, chartered buses, or taxis is prohibited.
- Do not trespass or use toilets facilities of buildings and commercial establishments near the start area and along the race course before or during the race.
- There is no parking space available. Please be sure to use public transportations when coming to the dome.
- There is no warm up space

Lining up to start block

TIME 9:40 – 10:05

PLACE Designated block printed on the Athlete bibs (O-X)

- Lining up begins after the start of the Nagoya Women's Marathon.
- Start blocks are allocated based on the declared finishing time for smooth start of the race. An alphabet printed before the number on your Athlete bibs corresponds to your start block. Please refer to the Start Area Guide Map for location of the start block. On the race day please observe the sign boards as well as the instructions of staff members. Please line up in the designated start block with good manners in order to ensure smooth and safe start of the race.
- **Runners must complete lining up in the start block by 08:45. Any runners who are not in the designated start block in time for this deadline will be requested to start after the last block. Those who are not at the start line at 09:10 (start time) will be disqualified.**

Important notes on the race

- The race is organized in accordance with rules and regulations of the Japan Association of Athletics Federations and with the regulation of the Marathon Festival Nagoya - Aichi.
- Substitute runner on behalf of a registered runner is strictly prohibited.
- The organizers will provide only first-aid treatment for any accident during the race. In case of accident or injury during the race, compensation shall not exceed the limit of insurance covered by the organizers.
- Athlete bibs and Timing Chip will not be re-issued. Runners who fail to attach the Athlete bibs and Timing Chip will be disqualified from the race.
- Regardless of the weather condition of the race day, try to drink water often in order to avoid dehydration.

COURSE MAP



Water Station	Water	Sports Drink	Water Station	Water	Sports Drink
5 km	○	○	12.5 km	○	
7.5 km	○		15.0 km	○	○
10 km	○	○	17.5 km	○	

* In each water supply station, as the table in front of the course gets crowded, please take it from the table at the back as much as possible.

* The organizer does not take any responsibility for water supply and food supply other than the above-mentioned water supply and feeding station

PRECAUTIONS

Clothes

- **Athlete bibs must be kept visible during the race.**
*Do not wear outer clothes on top of the running shirt, where the Athlete bibs is attached.
- Please do not wear clothes that are offensive to public order and morals. You are not allowed to wear any inappropriate costumes.

Guidelines for participants' attire while running in Nagoya Women's Marathon 2023

Upon entry to the race participants are requested to comply and agree with the following guidelines. The event organizer does not permit any participant to run in a costume that is in violation of the event rules, other laws and regulations, or public order and morals, as well as the prohibitions specified in the following examples 1 to 11.

If any of these is applicable to a participant, the event organizer may not allow the participant to join the race or may keep the participant from continuing to run even after the race has already started. When applying for entry, it is understood that participants have agreed that objections to these rules shall not be accepted.

(1) Dressed in clothing or wearing gear that may be dangerous to other runners as it may hurt them or cause a fall. Running with the whole part of the face covered.

(Examples)

- Dressed in clothing that may hurt other runners due to body contact such as those with swords or sticks attached, armored clothing, riveted clothing, full-body / animal suit, etc.
- Carrying or shouldering bulky items longer than 30 cm such as a banner or a flag.
- Long skirts or kimono that may cause a fall.
- Running in tandem or in a manner that may be obstructive to other runners.

(2) Dressed inappropriately for a sports event or in clothing that is unpleasant to other runners or spectators.

(Examples)

- Being naked or wearing underwear that appears nearly naked.
- Costumes that suggest nudity.

(3) Clothing for the purpose of political or religious assertions or propaganda, as well as advertising.

(Examples)

- Dressed with a sash showing the name of a political party or in clothes with political and religious assertions printed on them.
- Costumes that imitate a politician or religious leader, and products.

(4) Clothing for the purpose of promoting or advertising an individual name, a specified region or an organization that the event organizer does not acknowledge.

(5) Use of articles that could cause other runners to mistakenly recognize as a starting signal and cause confusion to the management of the race (such as lighting equipment that produces bright or flashing lights, whistles or horns, and fireworks that produces blasting or explosive sounds) or devices with a strong volume of sound that could disturb other runners.

(6) Acts that cause a delay to the race such as dancing, performing, playing instruments, or standing near the starting or finish lines, or in the streets along the course.

(7) Soliciting monetary contributions, signatures, etc.

(8) Preventing emergency vehicle and pedestrians from crossing the course at certain points, when and where they are allowed to do so.

(9) Dressed in clothing that may cause difficulty in anti-terrorism measures.

(10) Dressed in clothing that may cause difficulty in use of AED (Automated External Defibrillator) and medical equipment.

(11) Occurrence of issues other than those provided in numbers 1 to 10 that the event organizer judges inappropriate to the race.

Running course & distance display

- Traffic will be controlled throughout the running course. However, official cars and emergency vehicles might drive on or cut across the course. Please be careful and follow the race referees / staff members who may instruct a route change or to stop running.
- Distance is displayed at every 1km and at the halfway point.

Catching up with runners of Nagoya Women's Marathon

Leaders of Nagoya City Marathon are expected to catch up with the last runners of Nagoya Women's Marathon (start at 9:10) around 7.5km. From there up to the finishing point of half marathon, runners of City Marathon and Women's Marathon might run side by side.

Cut-off

Due to traffic and security reasons as well as race operational purposes, cut off points are set on the course as below.

Runners who do not reach the point by closing time are not allowed to continue the race. Please move to sidewalk and board a pick-up bus at the next cut-off point or the very last pick-up bus behind the last runner on the course. Follow the instruction of race referees/ staffs. When a referee judges that a runner is incapable of continuing the race, such runner is ordered to stop the race and to follow the referee's instruction.

Half Marathon	Cut-off Point	Distance	Closing Time
	Start point	0km	10:40
	Nagoya City Museum	6.0km	11:23
	Myoon-dori 4 Intersection	10.4km	11:55
	Ookute Intersection	15.7km	12:35
	Finish	21.0975km	13:20

10 km	Cut-off Point	Distance	Closing Time
	Start point	0km	10:40
	Nagoya City Museum	6.0km	11:23
	Finish	10km	12:00

Aid stations

- Aid stations will be placed on the course and Finish area.
- Doctor and nurses are standing by, runners who do not feel well are asked to report themselves to the station.
- These stations are operated for emergency medical care purpose. For any injury during the race, only first-aid treatment shall be offered. The organizers are not held liable for any further medical treatment.

* Nonprescription medicines (digestive medicine, cold remedy, anti-inflammatory analgesic plaster, etc) are NOT available at the first aid stations. Treatment using air-spray(cold spray) is not provided either.

* Cold spray bottles will be placed at aid stations between 18 km and Shirakawa park. Please help yourself, as the organizer is not responsible for assisting with treatment.

* Be sure to fill out the reverse side of the Athlete bibs for emergency contact.

* If in case you need to receive treatment at medical institutions during the race, the cost is to be borne by yourself. Bring a copy of your health insurance card.

Aid Station Place	Distance	Place
6km	5.8 km	Nagoya City Museum – parking lot
10km	10.4 km	Docomo Aratama Shop – parking lot
16km	15.7 km	Chikusa Community Center
18km	18.7 km	Lexus Takaoka Parking Lot
Shirakawa (Half Marathon Finish)	-	Shirakawa Park
Mizuho (10km Marathon Finish)	-	Paloma Mizuho Rugby Stadium

Toilet facilities

- Temporary toilets are set up throughout the course. Please be sure to use these designated toilets, of which signs are placed on the course.

Drop-out

- In case you need to drop out at any point other than cut-off points, please report yourself to referees/staff members on the course and take one of the following 2 methods to come back to the finishing point.
(Half Marathon: Shirakawa Park, 10km Marathon: Paloma Mizuho Stadium).
Go to the nearest cut-off point and board a pick-up bus.
1. Go to the nearest cut-off point and board a pick-up bus.
2. Board the last pick-up bus behind the last runner on the course.

PROCEDURE AFTER FINISH

1 Finish



To avoid congestion at the finish area , please proceed without stopping.

2 Water, Refreshments



3 Collect your bag



4 Change Clothes

RECORDS

Awards ceremony

Place

Half Marathon : Shirakawa Park (scheduled to start at 12:10)
10km Marathon: Paloma Mizuho Sports Park (scheduled to start at 11:40)

Category

Men : Overall: Top 8 finishers
Age group – Top 3 finishers (group by every 10 years)
Women: Overall: Top 8 finishers
Age group – Top 3 finishers (group by every 10 years)

*Overall winners are determined by gross time counted from the starting gun and the winners in each age group by net time from the start line.

*The overall winners and elite category are excluded from age group winners.

*Awards ceremony will be held only for the overall winners. A commendation certificate will be sent to each winner of the age group in a later date.

Time measurement

- Timing chip is used in this race. It is attached to the Athlete bib. Do NOT remove it.
- Timing chip is single-use, so it is not necessary to return to us.

Real-time race tracking

- Approximate location of the runners is available on the map on the official website for PC, smartphone & tablet.

*This record is a reference time for breaking news

- https://sporoku.jp/result/nagoya_20240310

*Available from March 2nd



Certificate

A certificate will be able to download on the Official website in a later date (scheduled on early April). In addition to the official record (= gross time measured from the starting gun), net time (=measured from start line) and split time of each 5km are stated on the certificate.

*Certificate will be issued only to the runners who will have crossed the finish line within the designated time limit and NOT to the overtime finishers.

HALF MARATHON FINISH AREA



SHIRAKAWA Park

2-17 Sakae, Naka-ku, Nagoya Aichi 460-0008

ACCESS

- 8 min walk from "Fushimi" Station on Subway Tsurumai Line and Higashiyama Line
- 10 min walk from "Yaba-cho" Station on Subway Meijo Line
- 7 min walk from "Osu Kan-non" Station on Subway Tsurumai Line

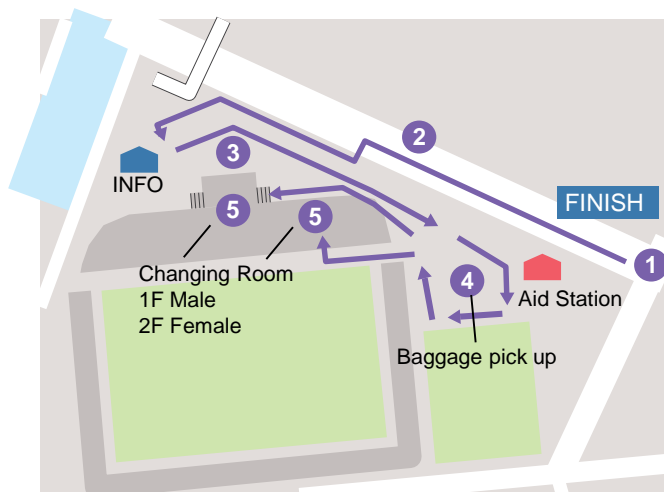


COLLECT BAGGAGE

You can collect your bag at the finishing area of Shirakawa Park. Please show Athlete Be sure to collect your bag by 14:10.

* Please note that the arrival of the baggage truck may be delayed depending on the traffic.

10km MARATHON FINISH AREA



Paloma Mizuho Rugby Stadium

5-1 Yamashita-Dori, Mizuho-ku, Nagoya Aichi 467-0062

ACCESS

- 5 min walk from "Mizuho-Undo-Jo Higashi" Station on Subway Meijo Line
- 10 min walk from "Mizuho-Undo-Jo Nishi" Station on Subway Sakura-Dori Line



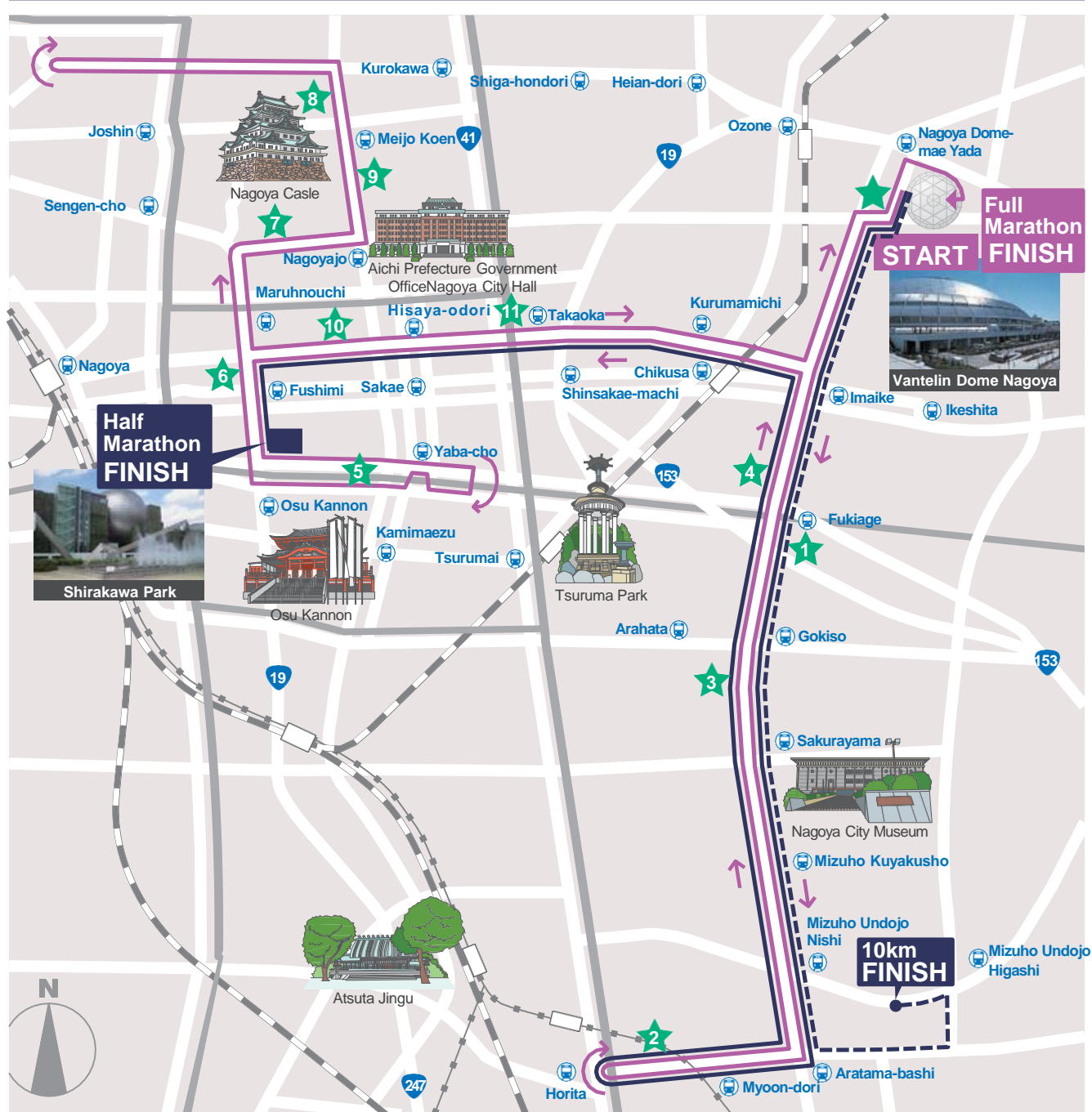
COLLECT BAGGAGE

You can collect your bag at the finishing area of Shirakawa Park. Please show Athlete Be sure to collect your bag by 13:10.

* Please note that the arrival of the baggage truck may be delayed depending on the traffic.

- * We will not provide the parking spaces at this event. Please use public transportation.
- * Pick-up/drop off by private cars, chartered buses, or taxis is prohibited.

CHEERING ON ROADSIDE



*The time of the cheering event is subject to change depending on the situation on the day of the race.

PRECAUTIONS

Practicing Good Manners

As this is a sporting event, we ask that all participants observe the rules of the event and be aware of public ethics and good manners including the trial run prior to the event.
Let's all be aware of the importance of good manners and be prepared for the day of the event!

Sustainable Initiatives

This competition is committed to "Sustainable Convention Management" in support of World Athletics' (WA) "Better World" initiative. The WA has identified the following six key priorities for implementing its "sustainability strategy".

- ① Leadership of athletes
- ② Sustainable production and consumption
- ③ Climate change and carbon
- ④ Local environment and air pollution levels (air quality)
- ⑤ Global equality
- ⑥ Diversity, accessibility, happiness and health

Nagoya City Marathon will continue to strategically address these issues while aiming for further development and innovation.

We ask all runners to make a little effort in their daily activities toward a "Better World" and to help us realize a better society by enriching their individual running lives.

For more information on WA's "Better World" and "sustainable" activities, please refer to the following website.

Please visit : <https://www.worldathletics.org/athletics-better-world/sustainability>.

Injury and Illness during the race

The organizers take out following insurance for any unforeseen accident of the runners during the race.

Coverage	Amount covered
Death	5,000,000 JPY*
Residual disability solatium	5,000,000 JPY
Hospitalization /per day	3,000 JPY
Outpatient /per day	3,000 JPY

*The payment rate varies depending on the residual disability grade.

Please contact the following contact person for requests.

(1) Medical Certificate is required to confirm you were injured during the marathon event

1. Insurance will not be covered if you did not get injured during the event or in case we do not receive a proper Medical Certificate.
2. You may be required to provide additional documents to process the insurance payment.

(2) Insurance request must be made within 6 months after the marathon event day.

【Contact】 TOKAI HOSOKAIKAN Inc. TEL : **052-954-1071**
(Weekday 10:00am-5:00pm/Japanese only)

PHYSICAL HEALTH CARE

Physical Condition Self-Care Checklist

Please make sure that you do not have any of the following symptoms before participating in the event.

- ☐ Fever of 37.5°C or higher
- ☐ Cold symptoms such as cough, sore throat, runny nose, etc.
- ☐ Fatigue (lethargy)
- ☐ Shortness of breath
- ☐ Heaviness and tiredness

Precautions before running the race

Before participating in the Marathon Festival Nagoya-Aichi, runners are required to complete a check your health condition. Runners are responsible for their own safety and participation in the race.

(A) If any of the following items (1-5) apply to you, please consult your family doctor carefully about whether or not you can participate in the race. Under the guidance of your family doctor, you should undergo a physical and cardiac examination.

- ☐ 1 You have been diagnosed with or are undergoing treatment for heart disease (myocardial infarction, angina pectoris, cardiomyopathy, valvar disease, arrhythmia, etc.).
- ☐ 2 Have had a sudden fainting spell (syncope)
- ☐ 3 Have ever felt abdominal pain or lightheadedness during exercise
- ☐ 4 Have a blood relative who died suddenly of so-called "heart paralysis"
- ☐ 5 Have not had a medical checkup in the past year or more

(B) The following items (6-9) are risk factors that may predispose you to myocardial infarction or angina pectoris. If any of the items apply to you, please consult your family doctor and stabilize your condition before participating in the race.

- ☐ 6 High blood pressure (hypertension)
- ☐ 7 High blood sugar (diabetes)
- ☐ 8 High LDL cholesterol or triglycerides (dyslipidemia)
- ☐ 9 You smoke cigarettes (smoker)

Family doctor is a doctor close to you who manages your health and physical condition. Please decide on a family doctor and discuss various examinations, race participation, etc. with him/her.

Source : Japan Association of Athletics Federations

FOR INQUIRIES, PLEASE CONTACT

NAGOYA CITY MARATHON Official Website:

<https://city-marathon.nagoya/en/>

**MARATHON FESTIVAL NAGOYA – AICHI
RUNNER INQUIRIES DESK**

nagoyacm2024@gmt.jtb.jp

FINAL DECISION ON THE RACE

Cancellation of the race due to inclement weather or natural disaster will be announced as below:

- Date and time of final announcement: March 10 (Sun) at 05:00
- Announcement method: Official website